



## **Mission**

The foundation promotes the self-reliance, resilience, safety, and social participation of vulnerable residents of The Hague. It supports individuals who, due to personal, social, or societal circumstances, face an increased risk of exclusion, discrimination, intimidation, loneliness, or insecurity.

This support is provided through resilience and self-defence training, complemented by activities that foster personal development, social connection, and active participation in society. The foundation focuses in particular on individuals who are distanced from employment or social participation, have limited access to sport, experience gender-related exclusion, discrimination, trauma, physical limitations, or feelings of insecurity.

The foundation seeks to:

- strengthen participants' self-confidence, personal agency, and self-reliance;
- promote participants' physical and mental health and well-being;
- strengthen social cohesion and reduce loneliness and social isolation;
- advance equal opportunities, inclusion, and respect for diversity;
- prevent and reduce intimidation, inappropriate behaviour, and social exclusion;
- encourage active participation in sport, volunteering, education, employment, and other forms of civic and social engagement;
- support participants in developing skills that enhance their safety, independence, and social standing.

The foundation operates on a non-profit basis and serves exclusively the public interest. It acts in accordance with Dutch laws and regulations and collaborates with residents, social organisations, educational institutions, sports providers, healthcare organisations, and public authorities.

### **1.1 Social Contribution**

The foundation provides resilience and self-defence training to vulnerable residents of The Hague. It focuses on individuals who face social, societal, or personal barriers, including:

- social isolation and loneliness;
- distance from employment, social participation, or wider society;
- limited participation in sport or limited access to regular sporting provision;
- discrimination;
- rejection or exclusion on the basis of gender;
- intimidation, such as unwanted physical advances or sexually suggestive remarks;
- age-related or physical limitations;
- feelings of fear or insecurity in public spaces;
- traumatic experiences.



In this way, the foundation contributes to stronger self-confidence, greater resilience, increased social connectedness, and broader participation.

## 1.2 Distinctive Character

The foundation distinguishes itself through an accessible, safe, and purpose-driven training programme for vulnerable participants.

### Programme Offering

- Training sessions are offered free of charge.
- The foundation does not operate on a walk-in basis, but seeks wherever possible to provide tailored support within its target groups.
- Separate training sessions are organised for specific target groups in order to ensure a safe and accessible learning environment.

### Women Only

“Women Only” refers to training sessions delivered exclusively by female trainers and attended exclusively by female participants. This helps create a familiar and safe learning environment.

### Resilience

Self-defence forms the practical foundation of the training and equips participants to protect themselves physically.

Resilience also involves recognising risks, setting boundaries, and preventing escalation. Participants learn to act consciously and responsibly and, where necessary, to seek appropriate support.

## 1.3 Rationale

### Background

The foundation was established on the conviction that everyone should be able to feel safe, self-assured, and fully included in society. For many vulnerable residents, this cannot be taken for granted. Social exclusion, discrimination, intimidation, trauma, and feelings of insecurity can significantly limit opportunities for active and equal participation in society.

### Approach

The foundation provides participants with ongoing support through weekly training sessions, guidance, and personal development. As a result, skills are not only taught, but also reinforced and sustained over time.

### Training

The training sessions strengthen physical, mental, and social resilience. Participants develop self-defence skills, self-confidence, self-control, and situational awareness.



## Safety

A stronger sense of safety expands opportunities for participation, social interaction, employment, education, and personal growth.

## Resilience

For the foundation, resilience extends beyond physical self-defence. It also involves making informed choices, maintaining boundaries, recognising risks, and acting responsibly. Prevention and de-escalation are central to this approach.

## Impact

Through this work, the foundation makes a tangible contribution to an inclusive society in which vulnerable residents experience greater autonomy, self-confidence, and opportunities for development. In doing so, it strengthens social inclusion, equal opportunities, and social cohesion in a demonstrable way.

### 1.4 Objectives

The foundation strengthens participants physically, mentally, and socially, with the aim of sustainably increasing their self-confidence, independence, and safety. In doing so, it seeks to bring about a lasting improvement in their personal resilience and social position.

#### Physical Resilience

The foundation teaches participants how to protect themselves safely, responsibly, and proportionately in threatening situations. The emphasis is on risk awareness, de-escalation, and leaving unsafe situations safely, enabling participants to respond appropriately when needed.

#### Mental Resilience

Participants learn to become more self-assured, set clear boundaries, and advocate for themselves respectfully. They also practise coping with tension, uncertainty, peer pressure, and intimidation.

As a result, self-confidence and independence increase, while vulnerability to undue influence and inappropriate behaviour is reduced.

#### Self-Confidence

The foundation strengthens participants' self-confidence and sense of self-worth, enabling them to participate more actively in society and to take new steps with confidence.

This leads to greater composure, more deliberate action, and increased confidence in daily life.

#### Implementation

The foundation pursues these objectives through weekly training sessions, personal guidance, and a safe learning environment in which respect, cooperation, and inclusion are central.



Training sessions are delivered by qualified and committed trainers who support participants in their development and personal goals.

The foundation places great importance on a socially safe environment in which participants feel respected, taken seriously, and able to develop without barriers.

Through this combination of training, guidance, and social safety, the foundation works towards the sustainable empowerment of participants, enabling them to function in society with greater resilience, confidence, and independence.

## 2. Vision

The foundation's vision is of a society in which people can participate in daily life safely, resiliently, and independently. In this future perspective, vulnerable residents have greater opportunities to develop themselves, participate fully, and retain control over their own lives.

### Target Group

The foundation focuses on vulnerable individuals who, due to social, physical, mental, or societal circumstances, face an increased risk of exclusion, intimidation, or insecurity.

### Approach

Through structured training, participants learn to recognise risks, set boundaries, prevent conflicts, and, where necessary, stand up for themselves safely.

### Resilience

Physical resilience enhances personal safety, while mental resilience and self-reliance are equally important for acting independently and responsibly.

### Future

In the long term, the foundation strives for a society with less preventable insecurity, greater equal opportunities, and higher levels of social participation among vulnerable residents.

### Outcome

Through this commitment, the foundation strengthens residents so that they are demonstrably better able to:

- have greater confidence in their own abilities;
- stand up more effectively for themselves and others;
- manage risks and safety more consciously;
- participate more actively in employment, education, sport, and social activities;
- be less vulnerable to intimidation, inappropriate behaviour, and social exclusion;
- take greater responsibility for their own well-being and development.

**The foundation strives for a society in which people can participate safely and fully, with confidence, resilience, and independence.**